



Sgt. Brian E. McElaney

(Above) Lt. Col. Bob Cagle, operations officer, Camp Lemonier, throws Spc. Christopher Bond, dog handler, 2nd Provisional Security Company, after countering a rear choke. (Right) Lt. Cmdr. Mike Penny, Navy Expeditionary Medical Unit 10, practices a vertical hammer strike during Bull-in-the-ring training. Students are surrounded by stations to practice random techniques on.

# Blood, Sweat, *BUT NO FEAR!*

Marine  
Corps  
Martial Arts  
Program  
teaches  
endurance



Sgt. Brian E. McElaney



Sgt. Brian E. McElaney

Marine Sgt. James Hunsicker, analyst, intelligence operations, practices sparring after a grueling workout. Students must push themselves physically and mentally in order to advance in the program. (Right) Petty Officer 3rd Class Caitlin Dondino, corpsman, EMU, practices a round kick. In the MCMAP program, students learn to use their whole bodies to defeat an enemy.



Sgt. Brian E. McElaney